

HERE'S LIVING PROOF!

Paul Kronos, Champion Strong Man of Europe, is a product of the Lionel Strongfort System of Health and Strength Building

Lionel Strongfort KNOWS HOW!



Dec. 1923

"Prometheus Bound"—Miniature of the magnificent bas-relief by Reinhold Begas, one of Europe's best known sculptors, illustrating the Greek myth of Prometheus chained to a rock by Zeus. The figure was posed by Kronos, and is a faithful reproduction of his extraordinary development, grace of form and muscular symmetry.

Paul Kronos, Europe's Premier Strong Man and Strongfort graduate, is Living Proof that Lionel Strongfort builds Real Champions. He owes his superb muscular development, his almost superhuman strength, his glowing health, to STRONGFORTISM, wonder Man-Building Science of the century.

A Tour of Triumph

FOLLOWING his sensational European success, Kronos is now appearing personally in foremost vaudeville theatres of the United States, performing marvelous feats of strength. Recent appearances:

Week of Sept. 30th, Palace Theatre, Chicago; week of Oct. 7th, Orpheum Theatre, Kansas City; week of Oct. 14th, Orpheum Theatre, Omaha; week of Oct. 21st, Orpheum Theatre, Des Moines; week of Oct. 28th, Columbia Theatre, Davenport, Iowa.

Strongfort Methods Are Superior

To Whom It May Concern:

I have investigated most of the systems of Health and Strength Development, as taught by Physical Directors in both Europe and America. In my opinion, STRONGFORTISM, as taught by Lionel Strongfort, is far superior in every way to any other in the world for developing great strength and bodily symmetry. As a graduate of both the Regular and the Advanced Course, I am *strong* for STRONGFORTISM. I have no hesitancy in giving STRONGFORTISM my unqualified endorsement.

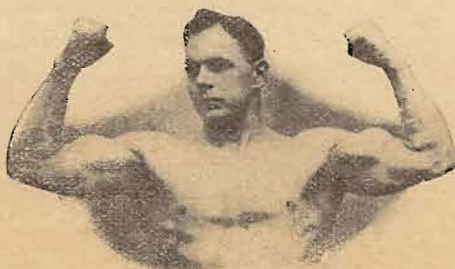
(Signed)

Sept. 1st, 1922

Paul Kronos

CHALLENGE—I challenge any Physical Director in the world to produce a regularly enrolled graduate pupil who is a professional Strong Man now exhibiting publicly and who is the equal of Paul Kronos professionally and in bodily perfection and symmetry. This challenge is backed up with a \$5,000 cash forfeit.

(Signed) Lionel Strongfort.



The superb physique of Paul Kronos is an unsurpassed tribute to the supremacy of Lionel Strongfort's methods of Muscular Development

Lionel Strongfort HAS NO EQUAL



NOTE—My Challenges are backed with *real money*. \$5,000 already offered to any Physical Director or Athlete who will duplicate my own feats of strength. Now, another \$5,000 to any Physical Director who can show that his methods ever produced a professional strong man the equal of Paul Kronos.

Lionel Strongfort.